

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1221

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

*Special Supplementary Examination 2011*

## **THEORY: SSC1221: THEORY AND METHODOLOGY OF PHYSICAL EDUCATION**

3 HOURS (100 MARKS)

### **INSTRUCTIONS**

Answer 4 questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

- |       |   |            |
|-------|---|------------|
| 1. a) | What is adapted Physical Education?   | [5 marks]  |
| b)    | Design a Physical Education Programme clearly showing adapted physical education activities that you could do in your college or community to cater for the people with the following disabilities:-                    |            |
| I.    | The blind.  | [5 marks]  |
| II.   | The deaf.   | [5 marks]  |
| III.  | The mentally retarded.  | [5 marks]  |
| IV.   | The physically disabled.  | [5 marks]  |
| 2.    | As a Physical Education and Sports Lecturer on a student industrial attachment visit, which are the key factors that you should consider when supervising a student teaching or coaching Physical Education and Sports. | [25 marks] |
| 3.    | Critically analyse the Nziramasanga Commission report on sports and physical education under the following sub-heading:-.   |            |
| i)    | Current situation.  | [5 marks]  |
| ii)   | Findings.   | [5 marks]  |
| iii)  | Comments.   | [5 marks]  |
| iv)   | Challenges.   | [5 marks]  |
| v)    | Recommendations.  | [5 marks]  |
| 4.    | Briefly describe the nature of the activities taught in Ancient Greek Physical Education.   | [25 marks] |
| 5.    | Give a detailed outline of the basic requirements, when teaching or coaching Physical Education and Sports.   | [25 marks] |
| 6.    | What are the implications of Physical Education and Sports to people with disabilities?   | [25 marks] |

**END OF EXAMINATION**